

**PROGRAMS & SERVICES
FUNDED BY NYS
OFFICE FOR AGING
AND
SRM MOHAWK TRIBE**

**OTHER SERVICES
PROVIDED BY YOUR LOCAL
OFFICE FOR THE AGING**

**LIFELINE
HOME VISITS
CASE MANAGEMENT
LEGAL AIDE
IN HOME CARE
HOUSEKEEPING
HANDYMAN
WEEKLY SHOPPING
ESCORT
TRANSPORTATION
PHONE VISITS
SOCIALIZATION
CLUB MEMBERSHIP
MONTHLY NEWSLETTER
TRIPS—BINGO—FUN**



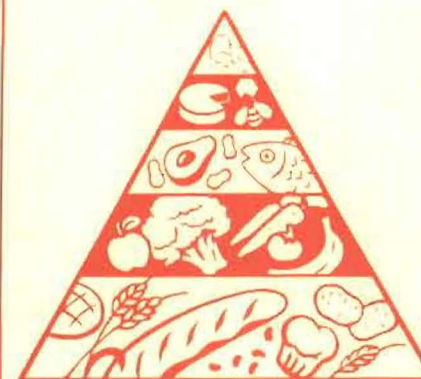
**Menus prepared by
Registered Dietitian**

**412 Route 37
Hogansburg, NY 13655
Phone: (518)-358-2963 OR (518) 358-2272
EXT: 221
Fax: (518) 358-3071**



**FUNDED BY:
NYS OFFICE FOR AGING
AND
SRM TRIBE**

NUTRITION SERVICES



**ST. REGIS MOHAWK
SENIOR CENTER
412 Route 37
HOGANSBURG, NY—13655**

**RESERVATIONS
REQUIRED
PHONE
(518) 358-2963 OR
(518) 358-2272 EXT: 221
BEFORE 9:30 am**

NUTRITION NEEDS

The St. Regis Mohawk Office for the Aging has several nutrition programs to meet your needs.

Nutritional Counseling is available upon request and referral. Your personal nutritional needs can be reviewed with our registered dietitian.

Congregate Noon Meal Served Monday through Friday at the St. Regis Mohawk Senior Center. Reservations are required before 9:30 each day. This assures that enough food is prepared to meet the needs of those wanting a meal. Phone us at 358-2963 or 358-2272 Ext: 221.



Suggested contribution is \$2.00 per meal for folks 55 and better. Suggested contribution for under 55 is \$3.50 per meal.

Food Stamps are welcome and encouraged.

HOME DELIVERED MEALS: Noon

Meals may be delivered to your home at Noon—Mon.-Fri. if you meet the following eligibility requirements:

- 60 years old, and
- Incapacitated due to accident, illness or frailty; and
- Lack the support of family, friends or neighbors; and
- Is unable to prepare meals.
- The spouse of a HDM recipient, regardless of age or condition, when the provision of the HDM is in the best interest of the recipient,
- Non-elderly disabled individual living with a HDM recipient when the provision of the HDM is in the recipient's best interest.



Long term Home Delivered Meal participants are required to have a assessment completed by OFA. Short Term basis, when it can be demonstrated that there is no way they can manage alone and there is no family or friend available to help.

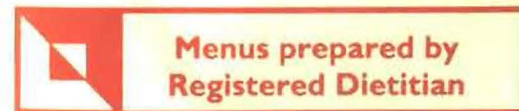
Suggested Contribution is:
\$2.00 per meal

WEEKEND MEALS: Frozen meals delivered on Friday's. These meals can be warmed up by the participant.

**Suggested
Contribution \$2.00
per meal.**



SUPPER BAG: Consist of sandwich, fruit, vegetable, dairy product. Delivered at Noon time. Suggested contribution is 75 cents.



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